



# National Nutrient Database for Standard Reference

## Release 28 slightly revised May, 2016

### Statistics Report 20036, Rice, brown, long-grain, raw

Report Date: June 27, 2017 04:18 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water <sup>1</sup>	g	11.80	--	0.170	11.1	12.3	4.0	11.326	12.268	1	Analytical or derived from analytical	--	04/2015
Energy	kcal	367	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
Energy	kJ	1534	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
Protein <sup>1</sup>	g	7.54	--	0.088	7.21	8.01	4.0	7.295	7.781	1	Analytical or derived from analytical	--	04/2015
Total lipid (fat) <sup>1</sup>	g	3.20	--	0.072	3	3.5	4.0	3.0	3.401	1	Analytical or derived from analytical	--	04/2015
Ash <sup>1</sup>	g	1.21	--	0.028	1.13	1.32	4.0	1.133	1.287	1	Analytical or derived from analytical	--	04/2015
Carbohydrate, by difference	g	76.25	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
Fiber, total dietary <sup>1</sup>	g	3.6	--	0.163	2.9	3.9	1.0	1.528	5.682	1	Analytical or derived from analytical	--	04/2015
Sugars, total <sup>1</sup>	g	0.66	--	0.042	0.6	0.7	1.0	0.126	1.19	1	Analytical or derived from analytical	--	04/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sucrose <a href="#">1</a>	g	0.66	--	0.042	0.6	0.7	1.0	0.126	1.19	1	Analytical or derived from analytical	--	04/2015
Glucose (dextrose) <a href="#">1</a>	g	0.00	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2015
Fructose <a href="#">1</a>	g	0.00	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2015
Lactose <a href="#">1</a>	g	0.00	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2015
Maltose <a href="#">1</a>	g	0.00	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2015
Galactose <a href="#">1</a>	g	0.00	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2015
Starch <a href="#">1</a>	g	72.51	--	0.922	71.2	73.6	1.0	60.794	84.227	1	Analytical or derived from analytical	--	04/2015
<b>Minerals</b>													
Calcium, Ca <a href="#">1</a>	mg	9	--	0.244	8	10	4.0	8.009	9.366	1	Analytical or derived from analytical	--	04/2015
Iron, Fe <a href="#">1</a>	mg	1.29	--	0.089	1.1	1.7	4.0	1.046	1.538	1	Analytical or derived from analytical	--	04/2015
Magnesium, Mg <a href="#">1</a>	mg	116	--	3.762	103	128	4.0	105.826	126.715	1	Analytical or derived from analytical	--	04/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phosphorus, P <a href="#">1</a>	mg	311	--	8.196	284	337	4.0	287.965	333.476	1	Analytical or derived from analytical	--	04/2015
Potassium, K <a href="#">1</a>	mg	250	--	6.089	231	268	4.0	232.828	266.637	1	Analytical or derived from analytical	--	04/2015
Sodium, Na <a href="#">1</a>	mg	5	--	0.017	5	5	4.0	4.882	4.978	1	Analytical or derived from analytical	--	04/2015
Zinc, Zn <a href="#">1</a>	mg	2.13	--	0.036	2.04	2.27	4.0	2.028	2.225	1	Analytical or derived from analytical	--	04/2015
Copper, Cu <a href="#">1</a>	mg	0.302	--	0.025	0.21	0.37	4.0	0.232	0.372	1	Analytical or derived from analytical	--	04/2015
Manganese, Mn <a href="#">1</a>	mg	2.853	--	0.063	2.6	3.17	4.0	2.679	3.028	1	Analytical or derived from analytical	--	04/2015
Selenium, Se <a href="#">1</a>	µg	17.1	--	0.084	14.7	29	1.0	16.032	18.162	1	Analytical or derived from analytical	--	04/2015
<b>Vitamins</b>													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Thiamin <a href="#">1</a>	mg	0.541	--	0.054	0.47	0.62	1.0	-0.151	1.234	1	Analytical or derived from analytical	--	04/2015
Riboflavin <a href="#">1</a>	mg	0.095	--	0.001	0.09	0.1	1.0	0.084	0.106	1	Analytical or derived from analytical	--	04/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Niacin <a href="#">1</a>	mg	6.494	--	0.658	5.71	7.43	1.0	-1.867	14.854	1	Analytical or derived from analytical	--	04/2015
Pantothenic acid <a href="#">1</a>	mg	1.065	--	--	1.03	1.1	1.0	--	--	1	Analytical or derived from analytical	--	04/2015
Vitamin B-6 <a href="#">1</a>	mg	0.477	--	0.050	0.42	0.54	1.0	-0.163	1.116	1	Analytical or derived from analytical	--	04/2015
Folate, total <a href="#">1</a>	μg	23	--	0.084	22	24	1.0	21.561	23.692	1	Analytical or derived from analytical	--	04/2015
Folic acid	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	μg	23	--	0.084	22	24	1.0	21.561	23.692	1	Analytical or derived from analytical	--	04/2015
Folate, DFE	μg	23	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
Choline, total	mg	21.5	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2015
Vitamin B-12	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	10/1989
Vitamin B-12, added	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	μg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2014
Retinol	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	09/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	09/2002
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	09/2002
Vitamin A, IU	IU	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	09/2002
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	09/2002
Vitamin E (alpha-tocopherol) <sup>1</sup>	mg	0.60	--	--	0.59	0.6	--	--	--	1	Analytical or derived from analytical	--	04/2015
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Tocopherol, beta <sup>1</sup>	mg	0.04	--	--	0	0.04	--	--	--	1	Analytical or derived from analytical	--	04/2015
Tocopherol, gamma <sup>1</sup>	mg	0.19	--	--	0.17	0.3	--	--	--	1	Analytical or derived from analytical	--	04/2015
Tocopherol, delta <sup>1</sup>	mg	0.00	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	09/2002
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone) <sup>1</sup>	µg	0.6	--	--	0.6	0.9	--	--	--	1	Analytical or derived from analytical	--	04/2015

## Lipids

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total saturated	g	0.591	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
4:0 <sup>1</sup>	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/1995
6:0 <sup>1</sup>	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/1995
8:0 <sup>1</sup>	g	0.002	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2015
10:0 <sup>1</sup>	g	0.017	--	--	0.01	0.02	--	--	--	1	Analytical or derived from analytical	--	04/2015
12:0 <sup>1</sup>	g	0.005	--	--	0	0.01	--	--	--	1	Analytical or derived from analytical	--	04/2015
14:0 <sup>1</sup>	g	0.017	--	--	0.01	0.02	--	--	--	1	Analytical or derived from analytical	--	04/2015
15:0 <sup>1</sup>	g	0.002	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2015
16:0 <sup>1</sup>	g	0.460	--	--	0.44	0.47	--	--	--	1	Analytical or derived from analytical	--	04/2015
17:0 <sup>1</sup>	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:0 <sup>1</sup>	g	0.056	--	--	0.05	0.06	--	--	--	1	Analytical or derived from analytical	--	04/2015
20:0 <sup>1</sup>	g	0.015	--	--	0.01	0.01	--	--	--	1	Analytical or derived from analytical	--	04/2015
22:0 <sup>1</sup>	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2015
24:0 <sup>1</sup>	g	0.017	--	--	0.01	0.02	--	--	--	1	Analytical or derived from analytical	--	04/2015
Fatty acids, total monounsaturated	g	1.054	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
14:1 <sup>1</sup>	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2015
15:1 <sup>1</sup>	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2015
16:1 undifferentiated <sup>1</sup>	g	0.004	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015
16:1 c <sup>1</sup>	g	0.004	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2015
16:1 t <sup>1</sup>	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
17:1 <sup>1</sup>	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2015
18:1 undifferentiated <sup>1</sup>	g	1.039	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015
18:1 c <sup>1</sup>	g	1.039	--	--	0.91	1.06	--	--	--	1	Analytical or derived from analytical	--	04/2015
18:1 t <sup>1</sup>	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2015
20:1 <sup>1</sup>	g	0.011	--	--	0.01	0.01	--	--	--	1	Analytical or derived from analytical	--	04/2015
22:1 undifferentiated <sup>1</sup>	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:1 c <sup>1</sup>	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2015
22:1 t <sup>1</sup>	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2015
24:1 c <sup>1</sup>	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2015
Fatty acids, total polyunsaturated	g	1.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:2 undifferentiated <sup>1</sup>	g	0.968	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015
18:2 n-6 c,c <sup>1</sup>	g	0.967	--	--	0.87	0.98	--	--	--	1	Analytical or derived from analytical	--	04/2015
18:2 CLAs <sup>1</sup>	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2015
18:2 t not further defined <sup>1</sup>	g	0.001	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2015
18:3 undifferentiated <sup>1</sup>	g	0.032	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015
18:3 n-3 c,c,c (ALA) <sup>1</sup>	g	0.032	--	--	0.03	0.03	--	--	--	1	Analytical or derived from analytical	--	04/2015
18:3 n-6 c,c,c <sup>1</sup>	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2015
18:3i <sup>1</sup>	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2015
18:4 <sup>1</sup>	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/1995
20:2 n-6 c,c <sup>1</sup>	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:3 undifferentiated <sup>1</sup>	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015
20:3 n-6 <sup>1</sup>	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2015
20:4 undifferentiated <sup>1</sup>	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/1995
20:5 n-3 (EPA) <sup>1</sup>	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/1995
22:4 <sup>1</sup>	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2015
22:5 n-3 (DPA) <sup>1</sup>	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/1995
22:6 n-3 (DHA) <sup>1</sup>	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/1995
Fatty acids, total trans	g	0.001	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
Fatty acids, total trans-monoenoic	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	10/1989
<b>Amino Acids</b>													
Tryptophan	g	0.101	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Threonine	g	0.291	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Isoleucine	g	0.336	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Leucine	g	0.657	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Lysine	g	0.303	58	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Methionine	g	0.179	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Cystine	g	0.096	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Phenylalanine	g	0.410	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Tyrosine	g	0.298	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Valine	g	0.466	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Arginine	g	0.602	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Histidine	g	0.202	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Alanine	g	0.463	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Aspartic acid	g	0.743	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Glutamic acid	g	1.618	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Glycine	g	0.391	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Proline	g	0.372	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Serine	g	0.411	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
<b>Other</b>													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	09/2002
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	09/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<b>Flavonoids</b>													
Isoflavones													
Daidzein <sup>3 4</sup>	mg	0.03	--	--	0	0.06	--	--	--	--	--	--	--
Genistein <sup>3 4</sup>	mg	0.04	--	--	0	0.07	--	--	--	--	--	--	--
Total isoflavones <sup>3 4</sup>	mg	0.07	--	--	0	0.13	--	--	--	--	--	--	--
Proanthocyanidin													
Proanthocyanidin dimers <sup>2</sup>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Proanthocyanidin trimers <sup>2</sup>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Proanthocyanidin 4-6mers <sup>2</sup>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Proanthocyanidin 7-10mers <sup>2</sup>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--

**Sources of Data**

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 18d, 2014 Beltsville MD

<sup>2</sup>Pereira-Caro, G., Cros, G., Yokota, T., and Crozier, A. Phytochemical profiles of black, red, brown, and white rice from the Camarque region of France, 2013 J. Agric. Food Chem. 61 pp.7976-7986

<sup>3</sup>Horn-Ross, P. L., Barnes, S., Lee, M., Coward, L., Mandel, E., Koo, J., John, E. M., and Smith, M. Assessing phytoestrogen exposure in epidemiologic studies: development of a database (United States), 2000 Cancer Causes and Control 11 pp.289-298

<sup>4</sup>Liggins, J., Mulligan, A., Runswick, S., and Bingham, S. A. Daidzein and genistein content of cereals., 2002 Euro. J. Clin. Nutr. 56 pp.961-966